



Guide to healthy eating: supermarket tour

Supermarkets can be overwhelming and knowing what to pick and choose can be difficult! This tour is designed to help you navigate the supermarket and make smart and healthy choices. Grocery shopping does not need to be difficult and this guide will help you to understand food claims and nutrition labels as well as answering questions about the many different foods in each section of the supermarket.

This is a summarised handout with some shopping tips and tricks, a short guide to label reading, as well as a breakdown of what to look for in each section of the supermarket.

Thank you for choosing this tour!

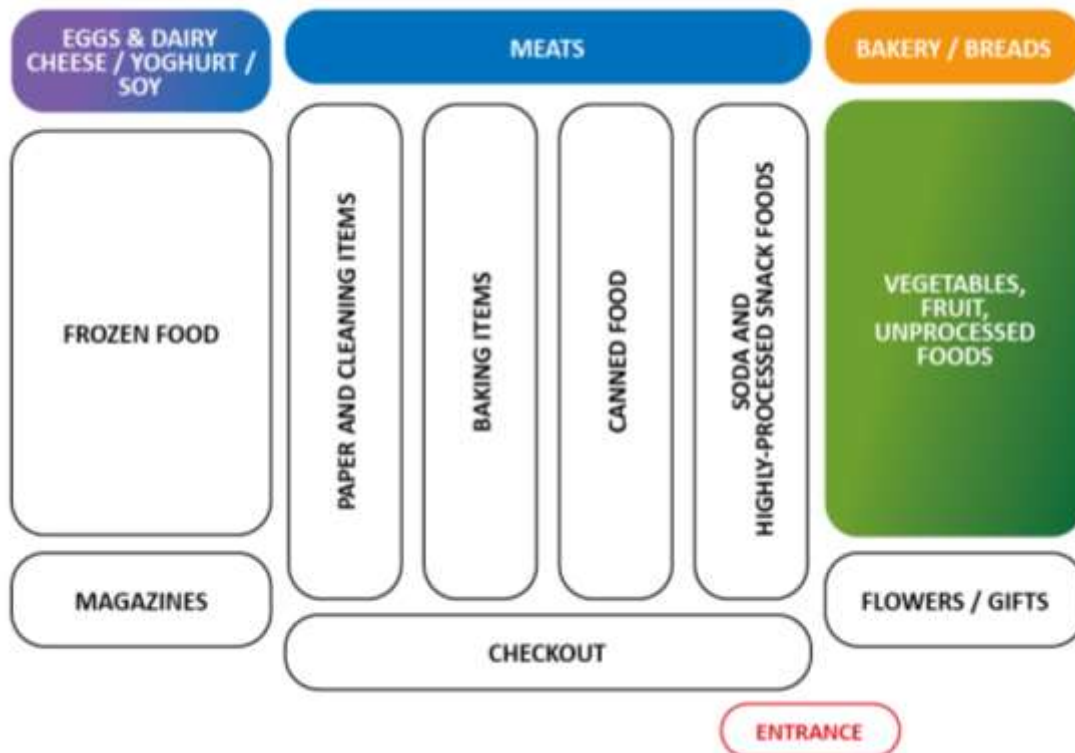


VETERANS'
Health Week

General supermarket layouts

Whilst most supermarkets will not have the exact same layout, they will still consist mainly of the same sections. This includes fresh produce, deli, meats, eggs, dairy, frozen goods, bakery and breads which are generally found around the perimeter of stores, as well as a number of themed aisles such as beverages, packaged snacks, cereals and sauces.

Image provided by Health Management Dietitians Cairns.



Shopping tips and tricks

- Shop the perimeter of the supermarket
- Choose mostly foods (produce, dairy, grains) vs food products (fruit snacks, diet soda, cheese spread)
- Avoid aisles you do not need items from e.g. soft drink and lolly aisle
- Make a shopping list and stick to it
- Do not shop when hungry as you will be more likely to buy more food than you need
- Ignore advertising and read the Nutrition Panel to get the information you need



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts

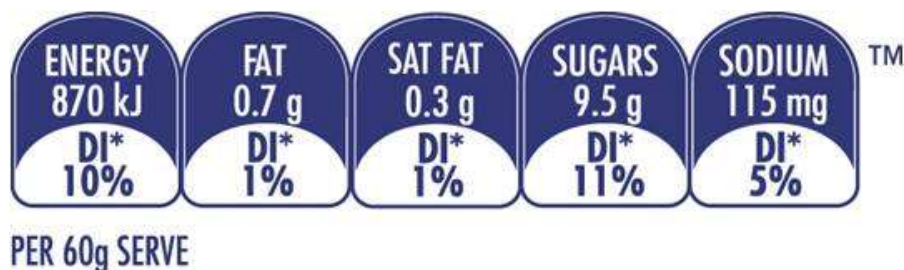


Label reading tricks and traps

- Light and 'Lite' do not necessarily refer to nutrition and can be related to colour or texture of the food
- Some products with 'No' or 'Low cholesterol' on their label may still be high in fat which can be worse for heart health
- Reduced fat means the product must have at least 25% less fat than the regular version of the product
- Baked not fried does not mean the product has less fat
- Sugar has many other names including fructose, sucrose, glucose, dextrose, corn syrup, maltose, lactose, honey
- 'No added Sugar' does not mean there is no sugar in the product. The product may still be high in sugar due to the naturally occurring sugars in the product

Percentage daily intake

- Some labels provide information on the amount of nutrients they provide as a percentage of daily nutrient intake.
- This value is often subjective as the values are based on an 'average adult's' needs.
- Every individual has slightly different needs, especially when it comes to kilojoules. For example the average adults recommended energy intake is 8700kJ, however a very tall person would need more energy than a short person.
- Use this information as a rough guide and as a comparison tool for single serves.



Nutrition Information Panels

Below is a guide on understanding Nutrition Information Panels from the Australian Guide to Healthy Eating.

Nutrition Information		
Serves per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.
Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.
Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**
Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

Retrieved from:

https://www.eatforhealth.gov.au/sites/default/files/files/eatingwell/efh_food_label_example_130621.pdf

Nutrition Information Panels

- Serving sizes on labels are subjective and at the discretion of the company that makes the food
- Use the Per 100g column to compare foods
- Try to choose foods with less than 10g of total fat per 100g
- Aim for lower than 3g per 100g of saturated fat
- Try to choose foods with less than 15g of sugar per 100g
- When comparing foods, choose those with the lowest sodium content
- Foods with less than 400mg of sodium per 100g are ideal
- Fibre is not always on nutrition labels, however if available choose products with higher fibre content
- The Ingredients list is written in order of greatest weight to lowest weight in the product e.g. if sugar is first on the list, it is the main ingredient in the product
- Avoid products that have items that are high in saturated fat, sodium or added sugar in the first three ingredients

High Sugar Foods

- Anything fruit based or fruit flavoured including fruit bars, dried fruit and spreads
- Some Muesli, Oat and Cereal bars
- Pasta and Stir Fry Sauces (use herbs and spices instead)
- Salad Dressings including Low Fat and Fat-Free
- BBQ and Tomato sauces
- Many types of sweet crackers and biscuits
- Flavoured Yoghurts
- Granola and Trail Mix
- Low-fat muffins and muffin mixes
- Low-fat items may use sugar to replace the flavour
- Fruit Drink and Juice
- Soft drink
- Energy and Sports Drinks



Fresh Produce

- Pick a variety of colours to get a wide range of vitamins and minerals
- Starchy vegetable such as corn, peas and potatoes contain more carbohydrate
- In season fruit and vegetables are generally more flavourful and cheaper



Meat and Seafood

- Choose the leanest cuts of meats when you can afford them
- Deli and processed meats such as ham, salami and bacon should be included as treat foods occasionally, but not your main source of protein
- Fish is a good source of Omega-3 and should be eaten 1-3 times per week
- Tinned fish is an option to always have some in your home

Eggs

- Eggs are a great source of protein and healthy fats
- Egg meals like quiche and frittata can be frozen

Dairy (milk, yoghurt, cheese)

- Choose the best milk to match your needs and taste
- Long life milk is the same nutritionally as fresh milk
- Flavoured milks and yoghurts can be high in sugar
- Low fat dairy often has added sugar. Read the label to check
- Be aware of portion sizes when it comes to cheese, butter and ice cream



Bread

- Whole grain and wholemeal breads offer a variety of vitamins, minerals and higher fibre compared to white bread
- Choose brands with at least 5g of fibre

Other grain products (English muffins, wraps, pitas)

- Choose wholegrain and wholemeal over refined flour based varieties
- Read the label and choose high fibre options

Rice and pasta

- Wholemeal pasta offers more nutrition than normal pasta
- Long grain rices such as basmati and Doongara are the preferred choice over short grain rice as they release energy more slowly





Cereals

- Be wary of high sugar and high sodium content in cereals
- Choose options with less than 400mg of sodium per 100g
- Choose varieties with less than 10g of sugar per 100g
- Choose cereals with 10g of fibre or more
- Look for whole-wheat or wheat bran in the first 3 ingredients on the nutrition panel

Organic

- Look for “Certified Organic” if wanting organic foods, as the word organic can be freely used in advertising
- Organic options are not necessarily better nutritionally speaking and food items can still have high amounts of unwanted ingredients

Frozen and canned goods

- Frozen fruit and vegetables are packed at their peak of flavour and freshness and therefore have just as much nutrition as fresh fruits and vegetables
- Read nutrition panels on frozen meals, and consider fat, sugar and sodium content
- Avoid unhealthy choices including items that are fried, battered or crumbed such as chips, wedges and fish fingers
- Canned Goods can have added sugar and sodium to help preserve the content



Oils and fats

- Cooking oils such as peanut oil, macadamia nut oil are good monounsaturated options. Olive oil and avocado oil are good options for dressings
- Be mindful of how much spread you are using, and if you need it

Drinks

- Soft drinks, cordials, energy and sports drinks are all very high in sugar
- Fruit and Vegetable juices are usually quite high in sugar however offer some vitamins and minerals compared to soft drinks
- Low/no sugar soft drinks are not recommended long term for health
- Best options are water, soda water and sparkling mineral water

Nuts and snacks

- Read the label so you know what is in your snack
- Nuts have good nutrition value and are a good snack, particularly if unsalted. Think about your teeth and if you need nut butters instead
- Limit processed snacks, and make some of your own which you can freeze and use over time

